

# BRIDGES

WEDNESDAY, DECEMBER 3, 2014

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The top six. What to buy the foodie on your Christmas list. **P. 4**

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Upcycling creates eco-friendly, punk streetwear. **P. 22**

A STARPHOENIX COMMUNITY NEWSPAPER

## THE LAND OF LIVING FRENCH

DENIS ROULEAU HAS MADE  
LA TROUPE DU JOUR  
A CULTURAL LANDMARK  
**P. 7**



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# READ MY BOOK

**LOCAL AUTHORS:** Writers tell us what makes their book worth reading

# SALLY MEADOWS

## Love, Shania and the Whispered Wish

Do you have a dream tucked away in your heart that has never quite come to fruition? If so, my story Love, Shania and the Whispered Wish — one of 10 stories by Canadian authors affectionately recalling holiday season memories in Chicken Soup For the Soul: Christmas in Canada — will be an inspiration to you. Chicken Soup for the Soul stories are known to be delightfully heartwarming, and that newest volume in the series proves to be no exception.

My story opens on my wedding day, and was inspired by my very first whispering wish as a newlywed. The story tells of a journey that has ebbed and flowed for almost 30 years, a journey that has survived through

the birth and raising of two children, a move across the country, multiple careers, a third anniversary of divorce, disappointments, health crises, and the pain of loss. It culminates in the release of my Christmas CD *Love & White* in 2013, more than a quarter of a century after I shared my heart's desire with my now-husband that snowy winter day. And it's my peace of mind, stories, in a story that is still being written.

Being published in Chicken Soup for the Soul is part of this journey,



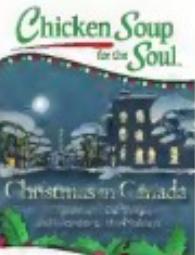
Sally Meadows

and a testimony that perseverance will eventually be rewarded. Over the last two years, I have researched about half a dozen stories for the *Chicken Soup for the Soul* entries, been interviewed twice, and finally, with *Love, Shania and the Whispered Wish*, love achieved success. Although I have written professional papers and a number of newspaper articles in the recent and distant past, this is my first short story ever published.

And what about the reference to

Shania in the title? Well, you'll have to buy the book to find out all about it.

*Chicken Soup for the Soul: Christmas in Canada* (retail price \$16.99) and my *Christmas CD Love & White* (retail price \$12.99) are available at [www.sallymeadows.com/store](http://www.sallymeadows.com/store). **McNally Robinson Booksellers, Indigo/Cafe Booksellers, select gift stores, and通过Dollard Online Booksellers, [amazon.ca](http://www.amazon.ca) and [amazon.com](http://www.amazon.com)**. You can learn more about my journey on Facebook <https://www.facebook.com/SallyMeadowsMusic> and my YouTube channel, [www.youtube.com/SallyMeadowsMusic](https://www.youtube.com/SallyMeadowsMusic). You can also contact me at [sally@sallymeadows.com](mailto:sally@sallymeadows.com). I'd love to hear your feedback!



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Denis Rouleau, artistic director of *Le Théâtre du Jour* (Saskatchewan's only French theatre), is about to cancer. He's been to the movies.

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## # FASHION PG. 22



Courtney Lawrence and Jessie Cross work up cycloped punk looks from Stavik Crowder's *Marie Rose* collection; their own style to create a streetwear-ready look. MICHAEL MECO BY MICHELLE BERG

**BRIDES COVER PHOTO BY MICHELLE BERG**

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# SHARPEATS

See a food trend you think deserves a highlight in Bridges?

Email [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

or visit Bridges on Facebook

## # CHRISTMAS FOOD GIFTS

### Six gifts for the foodie on your Christmas list

By Jenn Sharp

It can be tough to buy gifts for foodies.

They have up their noses of designer chocolate and they don't appreciate that franchise restaurant gift certificate you picked up waiting as long as the grocery store.

I'm making foodies sound snobby but I must of them are not. They just really care about food. Think about how excited you get when the Riders won. Or how excited we feel like when a new restaurant opens and the food is GOOD. That could also be how excited they'd be when you present one of these delectable gifts. I've conveniently found five for you.



#### 1. LOCAL HONEY

When you buy honey from local producers, the flavor options are endless. Plus you're helping support the keetahian's bee population. My favourites are Kitakoi Lake Honey (Gold of Ingredients Award winner), Manuka (Manuka) and lavender infused Zoo Bee Honey sold at the Regatta Farmers' Market.



#### 3. A SET OF ASIAN BOWLS

Ram and whaaaaat! These bowls will set a foodie's heart alight. No doubt they love artful food presentation as much. A set of rice bowl or a big noodle soup bowl ... say one of these (or all) will be a hit. Mix and match to find your own unique set at Asian grocer or thrift store — this one was less than \$8!



#### 2. UNCLE MIKE'S VANILLA OATMEAL FACE BAR

Mike Sommer launched his all natural line of body products made in Saskatoon in 2009. Everything is made from cold pressed fruit, nut and vegetable oils, and stone-ground, therapeutic grade essential oils. Buy good bye to dry skin. This bar is great for oily skin and helps to keep skin nice and smooth. I've been using the 100% vanilla oatmeal face bar. It's thick enough to last a week now and have already noticed my skin is clearer, smoother and softer.

<http://www.unclemikes.ca> is their website; contact them to find store locations.



#### 4. OUT OF OLD SASKATCHEWAN KITCHENS

Kanata author Amy Jo Khanan's new book is part cook book, part history book. She gives an introduction to the founding peoples culture of Saskatchewan by describing their heritage through their traditional foods.

Like a cup of tea on a cold night, Khanan's writing reminds you to sit back, a comfortable armchair, and eat a bowl of whoo-whoos and creamed beans. It's a comforting book to a time when you accompanied grandmas' Sunday pot roast and mashed potatoes all week.

It's also a book for the armchair we're referencing in Saskatch country. The book is a way to share our culture and an invitation to share these and perhaps even offer the opportunity to create new Saskatchewan kitchens.

# SHARP EATS



## 5. A REALLY NICE KNIFE

Because almost all bodies love to cook, this is probably the best gift you can get them (if your budget allows, of course). A high-quality knife is a tool so pretty much like a masterpiece. Unfortunately some of the finest knives to be found in Canada come from a shop in Calgary called Knifewear. Owner Kevin Kent imports high-performance chef knives made by professional knife-makers in Japan. We tried out one of his knives — it barely made a rip while easily chopping a ripe tomato. Try the Tsurusabu (top picture, right), and the Shirogami (bottom) or the dragonfly Fumon Shikata, or the Pugheira (far left). (Knife guitars? \$599) Made by fourth-generation master blacksmiths, the pieces are both guaranteed to impress.

Prices range from the accessible to the天价 (read: level), but trust me, these knives will last forever and are worth every cent.

**Knifewear** shops at [knifewear.ca](http://knifewear.ca); under online at [www.knifewear.com](http://www.knifewear.com)

## 6. POMEGRANATE MOLASSES

This Turkish favorite has the consistency of syrup but tastes nothing like what you might expect. The smell is complex and earthy; the taste tangy and slightly sweet. I was at a dinner party recently where my friend Ismail Shafei had brought pickled eggplant marinated in pomegranate molasses. Maranatha were for gotten as we dived into that bowl of eggplant.

Habemaykofteh leaves the stuff and uses it to add richness and depth to pots of beans, soups, stews, marinades and sauces. (My 10-year-old son loves this because use as a tomato salsa (see the recipe of night). It remains won, out of season, from late August through December.

You can find it at any Middle Eastern grocery store; the bottle I picked up was \$4. [Habemaykofteh.com](http://www.habemaykofteh.com)



## Tomato-Walnut and Cilantro Bruschetta



Baked loosely on mantelpieces, a classic Turkish relish, this spread is spectacular on simple grilled bread, as a sandwich, or an appetizer. It works equally well as a sauce for grilled or roasted fish. To serve: season with a handful of grilled or toasted corn kernels to the mix. Yum!

### INGREDIENTS:

- > 1 t. (20 mL) fresh arugula balsam
- > 1 t. (20 mL) dried arugula
- > 2 t. (30 mL) pomegranate molasses
- > 1 cup (250 mL) roughly chopped
- > 1/2 cup (125 mL) walnut, optional
- > 1 slice of 1/2" bread
- > 1/4 cup (60 mL) extra virgin olive oil
- > 1 t. (15 mL) crushed red pepper
- > 2 t. (30 mL) crushed cilantro
- > Kosher salt and fresh pepper to taste

> Crusty bread for the grill  
> Olive oil for dressing

### METHOD:

1. Preheat the oven to 350°F.
2. Put the walnuts on a baking sheet in a shallow layer and toast them for 10 minutes. Remove from the oven and cool thoroughly then chop with a knife. Set aside.
3. Whisk together the tomato and pomegranate molasses, then stir in the arugula, sunrice, lemon juice and garlic. Drizzle in the olive oil, whisking well. Stir in the cilantro, season with salt and hot chili flakes. Set aside.
4. Brush the sliced bread with olive oil. Grill. Remove from heat, garnish with arugula and serve immediately. Serves 4.

Recipe reproduced with permission from *Foodified: An Edible Almanac Alphabet* by Ismail Shafei. © 2008.



## Next week in BRIDGES

German-born and now proud Canadian, Violet Lochore shares her stories of the Second World War as a teenager living in Berlin

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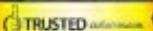
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# ON THE COVER

A lot of them are very quick to identify themselves to the Fransaskois community, which I think is very good. —Laumer Gareau

## # FRANSASKOIS CULTURE

### Theatre, history passions for Gareau

By Ashley Martin

Luckily for theatre lover in Saskatchewan, Laumer Gareau's career as a radio journalist was short lived.

The Franco-Ontarian playwright has written 40 plays to date, plus three novellas. But after completing his bachelor of arts degree in history at Collège Saint-Jean in St. Jean-sur-Richelieu, 24-year-old Gareau shuffled to Quebec City to begin a four-year journalism course at Université Laval in 1977. He wanted to be a reporter for Radio Canada.

His Quebec residency didn't last long. He dropped out after one semester and lined up a job interview.

He was hired for Juno, a TV Region, but not for on-air work. He was told the "anti-national Americans" among students by with baleuses.

But eventually after plugging away as a researcher writing transcripts or finally a reporter, he realized journalism wasn't for him. The young playwright changed paths again and didn't look back.

In 1986, with a fresh master's of fine arts from the University of Alberta, Gareau was hired to run theatre workshops in Saskatchewan schools through the Canadian Council of the Arts. He retired last September.

In addition to profitably writing on the side a quarter century ago, Gareau founded an amateur theatre troupe, Théâtre Orléans. But his focus wasn't entirely theatrical.

As a historian, he has produced a history magazine for 20 years.

To boot, he's done it all in his native language.

"I've worked all my life in French here in Saskatchewan, which just goes to show that it's possible to live your life pretty much in French in the prairie," said Gareau, 60.

"But if I'm using English when you go get gas or go to the store or something like that, but if the main language of your work is French, then you tend to associate with the French community."

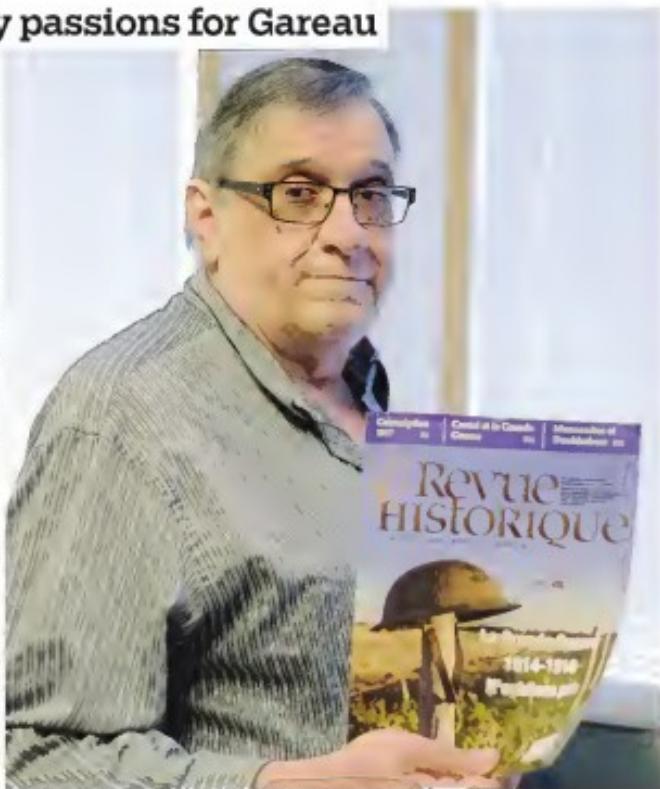


Gareau's great grandfather Annie arrived in the Batoche area in 1880 and settled on a farm. His brother Léopold built the church, the rectory, stores and houses in the community of St. Isidore-de-Bellevue, 10 kilometers northeast of Batoche. The church and rectory are still standing.

In the early 1900s, Annie was forced to return to Quebec and recruit new settlers to the prairies.

But not all of them came from Quebec. Some landed from France, Belgium and Switzerland. Father Louis Pierre Gervais, for whom Gervaisberg is named, came from New York. Other Acadians from Minnesota and the Dakotas resettled here in the late 1800s and early 1900s.

continued on Page A



Laumer Gareau/Ronel-Aimée/Laurel theatre troupe. Théâtre Orléans, about 25 years ago. He also helped run their school.



We're not in our little corner by ourselves. The company, it's one of the major theatre companies in Saskatoon, so we're part of the game. We're part of the tapestry of the culture. — Denis Rouleau

A Bag was launched in 1981. Large-scale cultural and historic festivals followed. Cultural organizations were formed.

Then in the mid-1990s, "The term *Françaisophiles* became a dirty word," said Gauvin. "Just as the法语 community was starting to really accept the term."

Some people argued the term excluded French-speaking Anglophones or mixed immigrants.

"Now it's starting to turn again back the other way where a large new French immigrant base is coming into the province," said Gauvin. "A lot of them are very quick to identify themselves to the *Françaisophiles* community which I think is very good."

Cultural preservation must happen "in home or the family," said Gauvin, who has two children with wife Shaeuse Verelle, a French teacher and principal.

Son Sébastien, 11, and daughter Geneviève, 10 attended the French Ecole Monastique de Laval in Regina — Canada's only all French in Grade 11.

Though the two are more apt to live in English, said Gauvin, "I think it's a question of the time, like when you're a teenager, French is not all that important. So they're going through that now, too."

Growing up in a French-speaking community of women's only he attended Girls' St. College Matric in Greenwich in 1960s but Gauvin really learned English, as half his class mates spoke the language.

Due to a childhood case of polio, Gauvin was never expected to follow in his dad's footsteps and become a historian. But from life did influence his work, as in *erry*.

Perry's forebears were Metis men from Batoche. 15 km southwest west of Batoche, who would share stories about their history and heritage.

Working summers as a tour guide at Batoche National Historic Site allowed him to learn more.

"Growing up I always had a very close link to what had happened in Batoche in the 1860s and the rebellion and so forth," said Gauvin.

In 1979 Newste La Nation Promotions, which leases Lou Riel Hall in year in Batochewon in 1884-85. Theatre Ottawa performed in it in 2001.

La Troublante — his "first play" in his esteem — evolved thanks to Batoche, from a French-Canadian to an English play (*The Betrayal*) that debuted at the Edmonton Fringe Festival in 1885, the 100th anniversary of the rebellion.

A few years later the expand of a University of Saskatchewan French instructor he renamed the French version.

It was twice produced by Batochewon's only professional French theatre company La Troupe du Jeu, in 1985 and 1981.

Among the 300-plus plays La Troube du Jeu has produced in its time as artistic director, La Troublante is one that stands out for Denis Rouleau.

Continued on Page 10



Denis Rouleau, artistic director of *Le Troube du Jeu*, Saskatchewan's only professional French theatre company. (Photo by Michael Hedges)

I've worked all my life in French here in Saskatchewan, which just goes to show that it is possible to live your life pretty much in French in the province — Garaeu



*La Troupe du Jour's play re-enacts *Belle-Mémoire* in 2009. The players are, from left, Bruce McMillan, G. Nelson, Marie-Claire Ménard and David Granger. PHOTOS BY RICHARD MARSH*

"It was really well received," said Redoux.

But he couldn't exit it a favorite — he can't narrow down one show he favors.

"There's different things, different shows, different adventures, those I liked myself," says one I like other directors.

Since Bouleau began his term as artistic director about nine months ago, the company's repertoire has changed a lot. *Prés*'s staffless volunteer organization with an off-Broadway group.

*Prés*'s first year was focused on production and trying to build a season that consisted of more than one show.

In the years that followed, the company received grant money and was able to hire an administrator and other stuff. It opened an office,

then three years ago, *La Troupe du Jour* opened its theatre.

"It was lots of work," says Redoux.

But the work is the result of a lifelong passion.

Growing up in Sherbrooke, Quebec, always loved theatre in school.

He pursued drama in Montreal at the Université de Québec and imagined he would be an actor or designer.

The theater took him to work in Edmonton for two years. Then he saw an ad for a job in Saskatoon, the Conseil Culturel Franco-Manitobain, having a diverse workshop leader for students of all ages — the same job Garaeu had throughout his career.

In Saskatoon, he found *La Troupe du Jour*.

Saskatchewan's francophone com-

munity is small, so there's no theatre industry to even consider.

Redoux tries to hire as many local actors who speak French, they're not a lot, so that's why every year we bring artists from outside of the province — from Winnipeg or Montréal or Québec City," he said.

That's because a financial challenge comes when you bring an actor from a different province. It's odd on the budget? In terms of travel costs, a per diem and second matation.

But Redoux doesn't see *La Troupe du Jour*'s financial situation as any more challenging, really than other professional theatre companies in the province. "It's like everybody like entry company. You can ask that question to the Globe Theatre too. It's not just because we're French."

About 500 people attend a typical week of *La Troupe du Jour*.

To draw a larger audience, for the past few years the company has produced English narratives about the set. The idea came from a French theater company in Toronto, though subtitles are used in opera a lot, he said.

The subtitled plays resulted in more English speakers in the theater audience, he says. "We're French, our language is French, but it's not our language if not, as we try to emphasize to use a part of art in a different language. Sometimes it's not just a question of understanding the words, but if it's to feel the mood, to feel the atmosphere."

Redoux shares that sentiment. "The reason we can get people to understand the value of the different cultures is to me, very important," said Garaeu.

he said. "We're part of the tapestry of the culture."

And why should non-francophones attend a play to read English subtitles?

"Because it's good," he said, laughing. "Because if you love theater, you'll love it. It's a different way to do it. The energy's not the same and of course the language is different, so it's a different experience to use a part of art in a different language. Sometimes it's not just a question of understanding the words, but if it's to feel the mood, to feel the atmosphere."

Garaeu shares that sentiment.

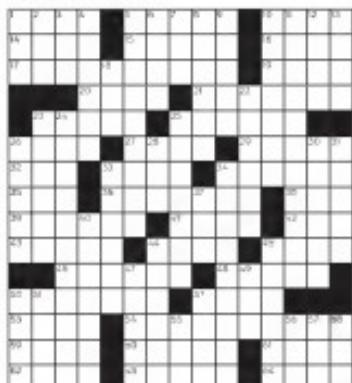
"The reason we can get people to understand the value of the different cultures is to me, very important," said Garaeu.

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## # CROSSWORD

NEW YORK TIMES Edited by Will Shortz

- ACROSS**
- Defenses listed
  - Chevy's last invention
  - Grade at the swimming pool
  - Studying correspondence by mail
  - Barber's "The Big Easy"
  - Mall
  - ("Coffied aqueduct" w/ dessert)
  - Address: LoloLoloLolo
  - Port of Nigeria
  - One side of Mount Everest
  - One that borders, along sides
  - Caricatured
  - Scared to a wit
  - Appraisement, Val.
  - Blotches
  - Raised-floor Hot Dogs
  - Food specialist?
  - Capital of Prender
  - Gebhard
  - Offspring
  - It's a real yell
  - Hey! Come on!
  - May Is Vicks
  - Gas pedal
  - Gas tank
  - Part of a planet
  - My J.A.C.
  - It's a day-long night show
  - Stores purchased
  - Measure for some street closures
  - One being one
  - Contract a instruction
  - Longtime: the pa... singer ... with a hint to the answers to the first few clues
  - Half-disposed book store maybe
  - Surface area: 10-a-way



ANSWER BY JUDY BENNETT C. COOPER

- Thinning fabric inters.
- Conical case?
- One being one
- Book compilation
- Symptom to match
- As a crowning
- Fewer
- Feeding fluid; sap
- Fluffy types
- Calmness with
- Wine measurement
- Ashes
- Rock the boat, say
- Potassium ions
- French bread
- Period of a chess game?
- Discourse
- Incomes, excess
- Alphabetic or many-a-TV interview
- Time to setoff
- Anxious number
- For fun
- Tuna trade-off
- Gratuity introduced with "
- Lug unimportant,

## # JANRIO CLASSIC SUDOKU

Level Silver

Fit in the shaded cells using numbers 1 to 9. Each number can appear only once in each row, column and 3x3 block. Use logic and process of elimination to solve the puzzle. The difficulty level ranges from Novice (easier) to Silver (medium) to Gold (hardest).

			8	4	3			
6	8	9	2	4				
	7	1						
1	4	2	8	7	5	3		
	5				4			
			5	3				
8	9	3	1	6				
	1	6	8					

Solutions to the crossword and Sudoku puzzles found on page 20.

## Authentic Amish Cooking



COOKING FROM AN AMISH KITCHEN

## Chocolate Chip Coffee Cake

- 1 C. Sugar, softened
- 3 Large Eggs
- 2 C. Flour
- 3 T. Baking Powder

- 2 C. Sugar
- 1/4 Almond Extract
- 3 C. Flour
- 1 T. Baking Soda

Create together butter, sugar, eggs and extract. Add the remaining ingredients. Blend well with electric mixer. Spray 8x13 inch pan with non-stick spray or grease and flour. Pour two-thirds of batter into pan. Sprinkle with 1/2 cup milk chocolate chips. Bake in 350 degree oven for 45-50 minutes. When completely cool, combine the following ingredients and drizzle over cake.

1/2 C. Milk Concentrate (Goya) 1 T. N.L. Buttercream



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# ON THE SCENE

## # RONALD MCDONALD HOUSE MEDIA FASHION SHOW

The Ronald McDonald House Media Fashion Show has been a November tradition for 22 years. Models from Saskatoon media and their families strutted the runway in the latest fashions from local retailers. The Sheridan Center on Hwy 21.

The crowd of 280 watched on appetizers and sipped cocktails while anchors Chayenne and Shanna Foster encouraged the models to let loose onstage. Diane Watson's son Lucas took the challenge and dropped into an impromptu breakdancing routine.

The event raised \$38,571 for Ronald McDonald House Charities Saskatchewan which provides accommodation for families of sick children traveling to Saskatoon to receive medical treatment. To see how you can help families staying at the house this Christmas or adopt a room, go to [www.rmhcs.ca](http://www.rmhcs.ca).

BRIDGES PHOTOS BY MICHELLE BERG



# ON THE SCENE



1. Chelsea Lanning and Petty Smith

2. Reka Loewy and Heather Jalone

3. Some of the items on display

4. A young girl walks the runway

5. Leslie Sanders and Dale Webb

6. Eva Gipp, Rachel Ratz and Jennifer Fogg

7. Melissa Bedner and Shalene Cecilia

8. A model walks the runway

9. Shere and Joel from Datz FM

10. Kate Hobbsagh

11. Maria Wagner and Megan Fenn

12. Tamara Devos, Amanda Weeraseth Griffin and Sarah Sokoluk

13. Rudy Fulwica and Christen Hovemars



## REMAI MODERN ART GALLERY OF SASKATCHEWAN is becoming...



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For updates and information on how you can support, visit [remaimodern.org](http://remaimodern.org)

# IN THE CITY

NOVEMBER 26, 2014 — 6:05 P.M.

## Smile lights up a room



Children are getting excited for Christmas while admiring the lights and decorations of the Festival of Trees at the Weston Developmental Disabilities Building. NANCY PHOTO BY MICHAELLE BING

# GARDENING

## # WINTER GARDENING

### Growing microgreens for an indoor winter garden

By Jackie Bantle

**M**icrogreens, like the sprouts discussed in last week's column, make for a good winter gardening project. Microgreens are tiny, delicate plants of herbs or salad greens that can provide fresh produce to your meal and are especially appreciated in the winter.

Microgreens are often made up of the same plants that we find in salad greens, but they are harvested at a much earlier stage than salad greens. Some people think of microgreens as a cross between sprouts and salad leaves. The greens provide texture and colour to a salad or crumble and exciting flavours along with high nutritional value when part of a salad. Growing

microgreens in your home is easy.

Create a large enough container or tray so the seeds are only one layer deep and have some space between seeds (at least 2 cm apart). The container or tray should be able to drain well and have holes for drainage. If the tray or container has large drainage holes that allow the soil mix to drain out, line the tray with paper towel or newspaper in order to avoid harmful bacteria (e.g. salmonella) or disease contamination in your microgreens, purchase and use only seeds recommended and sold for sprouting.

You can grow microgreens in a variety of growing media: just-based potting mix, coir, coconut peat, aged compost or worm castings from your vermicompost. Fill the tray with lightly

moistened (but not waterlogged) soil a depth of 2 cm.

Sow the seeds in water overnight. In the morning, drain the seed and spread the seeds evenly on top of the mix. For best germination and growth, seeds should not overlap in the tray. Gently cover the seeds with 0.5 cm of potting medium. Sprinkle seeds randomly into the tray. Cover the container tray with plastic wrap or a clear lid. Place the tray in a warm room, 20-25°C.

Using a mister or light sprayer, ensure that the surface of the tray is moist most of the time. As soon as germinated greens are visible, remove the cover. Continue to water the greens; ensure that the tray remains moist but is never left in standing water. Continue to water regularly.



Photo Courtesy: Jackie Bantle

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(OR AS SOME LIKE TO CALL IT, THE **"WHOLE STORY"** EDITION.)



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# GARDENING

Other grains such as barley and/or microgreens are grown in trays that are, but no growing medium, instead they are grown on two or three layers of damp paper towels. Spread the soaked seeds over the damp paper towels. Cover the seeds with a sheet of plastic wrap and covering paper towel. Remove the lid and covering paper towel when green leaves appear. Keep seeds and paper towel moist throughout the germination and growing period.

Unlike seeds, microgreens need sunlight to grow. When grown indoors, they should be located in a south-facing windowsill or under a grow light. If grown outside in the summer, they can be placed on a north deck or patio in the summer but out of direct sun so they don't dry out or bake. Some seeds have bolts that will release as the young plant after they have germinated. If this is the case, treat the plants with a spray bottle and the small bolts will naturally fall off.

Microgreens are usually harvested when there are four or more leaves. Cut the shoots just above ground level with scissors. Plan to use your microgreens fresh. However, they can be stored in the fridge in an airtight container for several days. Roots and cutting residue can be composted after harvest.

One of the best resources that I have found for information and recipes on sprouting and microgreens is *Flourishing and Sprouting Seeds* by Richard Heisler, an excellent Christmas present for a sprouting microgreenie! See last week's article about growing sprouts for seed sources.

**Bonnie and Norine/Norine's Sproutin' Garden**

2014 indoor is provided courtesy of the [NorineSprouts.com](http://NorineSprouts.com) (NorineSprouts.com). Check out our website board or calendar for upcoming parties, demos, and events.



Colorful leafy arugula/cabbage microgreens can make a fun addition to your indoor winter garden. Photo credit: Norine Sprouts

## MICROGREENS

- The best seeds for producing microgreens:
- Grass, Mustard, Radish
- Arugula, Red Radish, Swiss chard, Beet leaves
- Peas, Pea sprouts to sprout
- Broccoli, Brussels sprouts, Turnip
- Radish, Turnip, Beet greens
- Watercress, Spinach, Lettuce, Radish, Arugula, Pea sprouts, Radish, Mustard, Pea sprouts in 10 days to harvest

## Hear for the Holidays Event

December 10<sup>th</sup>-12<sup>th</sup>, 2014  
9am-4pm

### What's Happening:

- Be the first to try the newly released AGX9 hearing aids, designed for individuals who lead active lifestyles
- Enter a draw to win prizes
- We'll have refreshments and cookies!

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# EVENTS

## # MUSIC

Wed., Dec. 3

**Black Reindeer**  
Buds on Broadview,  
877 Broadway Ave.

**Machine Gun Kelly**  
Ottawa Event Centre,  
341 Second Ave. S.

**TREBLE, CHIC**

**Dirty Horse**  
Cuckoo Restaurant &  
Lounge  
1-227 PintHouse Dr.

**Dopethink**  
Buds on Broadview,  
877 Broadway Ave.

**Roxie and the Ravers**  
The Basement, 4E,  
384 Fourth Ave. N.

**An Evening for Tom Waits**  
Mangia Tavern,  
801 Broadway Ave.

**The Tea Party**  
Ottawa Event Centre  
341 Second Ave. S.

**Smash: A Tribute to Michael Jackson**  
Delta Dance Casino,  
204-Delta Dance Way,  
Whitewood

**Capital Club Student Night:**  
DJ Jaggermeister and DJ  
Dynamite  
Capital Music Club,  
344 First Ave. N.

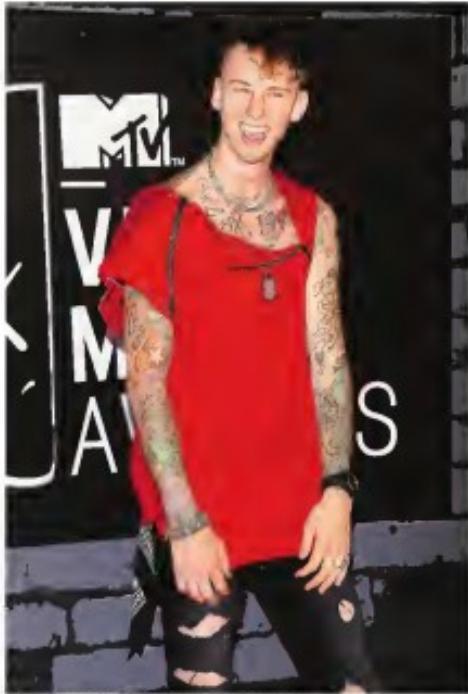
Fri., Dec. 5

**Screamer**  
Buds on Broadview,  
877 Broadway Ave.

**Piano Fridge: Fred Ballantyne**  
The Basement,  
The Basement,  
384 Fourth Ave. N.

**4-Front**  
Army & Navy Club,  
333 First Ave. N.

**Forever Young**  
Toon Town Tavern,  
3330 Fairlight Dr.



Rapper Machine Gun Kelly will be at O'Reilly's event centre tonight, safety awards.

**Makalika**  
McNelly Robinson,  
3230 Eighth St. E.

**September Long w/ Apollonia**  
Crist and Soft Cotton  
Anjuna Cantina,  
632 Ninth St. E.

**Rockin' Man: The Very Best of Elton John**  
Delta Dance Casino,  
204 Delta Dance Way,  
Whitewood

**Streely Tiger w/ Wizard**  
Boots, Sassen & Quillin

**Heavenless**  
Venzilla Tavern,  
801 Broadway Ave.

**Vigilante Decision w/ Wrath-**  
ed and Grimface  
Rock Bottom,  
834-B Broadway Ave.

**What you need to know to plan your week.**  
**Send events to** [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

**Old Joe and the Truth Hurts**  
w/ The Whiskey Jerks  
Capital Music Club,  
344 First Ave. N.

**Idle Hands**  
Stan's Place,  
108-110 Ruth St. E.

**Fremont Street**  
Pappy's Pub and Grill,  
1403 Hwy 169 Dr. N.

**Star..., Chic**, 8

**Hung Jury**  
Buds on Broadview,  
877 Broadway Ave.

**Phone Extravaganza Mc Prince**  
Brown  
Jeff Stevens, Kristin Eliza-  
beth & Shepherd Quintet  
The Basement,  
384 Fourth Ave. N.

**4-Front**  
Army & Navy Club,  
333 First Ave. N.

**Williams and the Shadows**  
Nubas Legion,  
3331 Louise St.

**Phoenix**  
Downtown Legion,  
800 Spadina Cres. W.

**Rhonda Galiott-Moroni**  
McNelly Robinson,  
3230 Eighth St. E.

**Asking Alexandria w/ Blest**  
The Pall, Chelsea Gun, Upon  
A Burning Body, and The  
Family Rule  
Ottawa Event Centre  
341 Second Ave. S.

**Idle Hands**  
Stan's Place,  
108-110 Ruth St. E.

**Fremont Street**  
Pappy's Pub and Grill,  
1403 Hwy 169 Dr. N.

**Brian Molko**  
Easy Rider & Grill,  
134 Primo's Dr.

**801 Durst**

**Vangelis Tavern**,  
801 Broadway Ave.  
Friends of Fries w/ Lekka  
and Anna Hei overstock  
Capital Music Club,  
344 First Ave. N.

Sun., Dec. 7

**Acoustic Night: Jack Miller**  
Buds on Broadview,  
877 Broadway Ave.

**The Crooked Brothers**  
The Basement  
234 Fourth Ave. N.

**Zachary Lurky w/ Korpikla-  
vonen and Little Criminals**  
333 10th St. E.

Term..., Chic, 9

**Republik**  
Buds on Broadview,  
877 Broadway Ave.

**Always**  
Anjuna Cantina,  
632 10th St. E.

**Alannah O'Brien w/ Friends of**  
**Fries**  
Vangelis Tavern,  
801 Broadway Ave.

## # ART

**House Art Supplies**  
Unit 8, 21-21 18th Line, Unit  
Artwork by Katherine Slavin  
Reception Dec. 6, 3 p.m. to 6  
p.m.

**The gallery at Francis Mon-  
teiro Central Library**  
Sec. 3 to Jan. 3, 2 to 31, 3rd St.  
E. Across the October Jose  
Sison Paintings inspired by  
the nature of Africa and urban  
Sesquicentennial Reception Dec. 4,  
7 p.m. to 9 p.m.

**Artist's Dream Together**  
Sec. 3 to 5 p.m. to 8 p.m., Dec.  
6, 8, 10, 12 to 4 p.m., Dec.  
8, 10, 12 to 3 p.m., Dec. 14, 1 p.m.  
to 4 p.m., Dec. 15, 1 p.m. to 10 p.m.,  
and Dec. 20, 10 a.m. to 4  
p.m., at Le Belles, Federation  
des marchandes, 202-302  
Southgate Mall. Show  
and sale of recent paintings by  
Vivian Woodhouse and Duncan  
Oliver. Artist's reception Dec.  
5, 5 p.m. to 8 p.m.

# EVENTS

## Member Art Gallery

Until Jan. 4 at 1950 5th Avenue, Crows E. Modern Visions: The 50th anniversary exhibition. Member artists have created about 150 works from the permanent collection. The Member's Sale in the gallery Saturday, Dec. 6, 10 a.m.-3 p.m., with selected artworks to 30 per cent off. Member-only workshop presented by Susquehanna Publishing. \$10. Call 412-241-0000.

**John Denzel** Dec. 14, 2 p.m. All skill levels welcome. Register at 309-915-5844.

**Breakfast Collected Home** Dec. 3 to Feb. 2 at 203-205 St. Works by Geoffrey Weidner

**Alfresco** Dec. 5 to Jan. 9, 9:30 a.m.-4 p.m., at Guelph Strathmore Gallery, Room 109 of the University of Guelph's Strathmore Murray Building. The 10th annual alfresco art show and silent auction will feature art, music, food and drinks.

## Athlone Gallery

Dec. 5 to Jan. 10 at 60 Broadmeadow Ave. Imaginative Architects. Innovative hand-made toys and games in a variety of mediums. Travel adventure card game workshops Dec. 6, 2 p.m. to 4 p.m.; Reception Jan. 5, 7 p.m. to 10 p.m.

## AUKA Gallery

Until Dec. 8 at 424-208 St. "Warrior Women," 2013, by Silence by Mary Longmire. An installation in AUKA's new project space, transformed by Jo T. Arcand and Shelly Mironaro until Dec. 5.

## Galaxy 616

Dec. 6 to 10, 10 a.m.-8 p.m., at 100 10th St. E. A show and sale featuring mixed media pieces by local artist Betty Koen. The artist will be in attendance.

## SGV Art Gallery

Until Dec. 21 at 203-205 St. "Artists by Amore." Heather Hinchley's acrylic paintings in both abstract and portraits. Reception Dec. 6, 1-3 p.m. to 4-6 p.m.

**Black Spruce Gallery** Dec. 6-7 on Hwy 2 at North-



Unveiled at Grand Deck, it is on display at the St. Thomas More Giftco.

side. Christmas in the Country. Thru Dec. 15. Refreshments with new art and unique gifts.

## Bugle Gallery

Until Dec. 7 at 203-205 Third Street. "The Stones of Stone" by Blake Ward. An exhibition of figurative sculptures in marble and bronze.

**St. Thomas More Gallery** Until Dec. 10 at 1437 College St. "Everyday," by David Dyck.

## The Gallery at Art Placement

Until Dec. 14 at 228 Third St. "Cris & Thick & Thin" Abstract paintings by Robert Crisell, Jennifer Forrest and William Penhale.

## Painted Arts

Until Dec. 12 at 424-208 St. "Painting by K.C. Adams and Terrence Haule."

## Art in the Canoe

Through December at Parkdale Centre, 110 Gagey Cres. Art in the canoe.

## Eye Gallery

Until Jan. 2 at 117-120 College St. "Eye Still Prints" by Curtis Phillips.

## Funkie Petals

Until Jan. 31 at 203-205 St. A collection of framed photo-

graphic artworks by Sheron Ceslik.

## Humberfield and District Museum

Until Dec. 10 at 501 Main St., in Humberfield. A Local Perspective by Marian Volkert, an exhibit of wildlife paintings.

**Ukrainian Museum of Canada**

Until Jan. 30 at 101 Spadina Cres. 2. Drawing in Ukrainian Travel photography by Andrea Kogol and Karen Pashuk.

## Wander in Development

Massages Through April 2015 at 2618 Lorne Ave. Big Bert Timmerling. En套ers travel with the liquid massage therapist. More than 20 million-year-old crocodile skeletons brought back to life through 3D imaging.

## # FAMILY

**Say It and Play** Tuesdays and Wednesdays, 9:15 a.m. to 11:15 a.m., through April. For children up to age 3. Story time, crafts, music, stories. Email sayitplaydays@skoolnet.com or visit the Facebook page.

## Fab Factory indoor play-ground

Until Dec. 16 at 10330 Quebec Ave. A giant indoor playground

for young children. Adults and children under one year are free. There is a separate fee for older children under two.

## Children's Play Centre

Doll's at Lawson Heights Mall. A fun, safe, environment for preschool children to play. Please note this is an unparented play area, and adults must stay with and supervise children at all times.

## Market Mall Children's Play Centre

Daily just off the food court at Market Mall. This play area is free and has different level slides. Children must wear swimwear in the play area.

## Susquehanna indoor playground

Thursdays, 9:15 a.m. to 11:15 a.m., through May 15, at Emmanuel Baptist Church, 1638 Acadia Dr. Parent-supervised playground for kids up to age 5. A basic meal and drink and a snack are included. Open play area, coffee/tea for parents. Registration on arrival. Information at susquehanna.ca or their Face book page.

## Free Reading Caf

Thursdays, 10 a.m. to 11:30 a.m., at Westmount Primary Health Centre, 333 18th Street. Dr. A stop-in support group for bereaved mothers. Sessions will be facilitated by a lactation consultant with a brief educational presentation, and time for interaction with the other mothers.

## Sleep in InnSolidi

Fridays, 10:30 a.m. to 10:30 p.m. meet in front of Casper's terrace at The Mill at Lawson Heights. Classical concert of piano, violin, cello, flute, and drums using exercise tubing and a saddlebag for parents and babies.

Preregister at namesonthefirstlist.com. No classes on stat holidays.

## Fridays 10 a.m.

Friday, 10:30 a.m. to 11:30 a.m. at InnSolidi, 10330 Quebec Ave. Dr. A stop-in support group for bereaved mothers. No classes on stat holidays.

**Craft Wrap** Branch: Half-hour singing and stories, then mingle with other parents.

## Momma's Play Mat

The first Friday each month, 6:30 p.m., at 1965 First Street, 1st fl., 3110 48th St. It's a one-project, one-evening class designed for one parent with one child. Painting techniques, tips and ideas. This months project is a milk and cookies jar for Santa set. To register call 406-373-3275.

## Prestigious Yoga

Mondays, 12 p.m.-1 p.m., at Pregnancy and Preventing Health Centre, 248 Third Ave. S. Beginner to intermediate level. Classes include postpartum recovery. Baby friendly class with a certified yoga teacher. Suitable for four weeks to two years postpartum. Register at [tinyurl.com/nwzvavv](http://tinyurl.com/nwzvavv). No class on stat holidays.

## Canada's Light Source (ELS) Public Tours

Mondays, 10:30 a.m. at the Canadian Light Source, 66 Innovation Blvd. The synchrotron research facility is open to the public. Pre-registration is required. Call 306-974-2200, email [public\\_relations@cls.ca](mailto:public_relations@cls.ca) or visit [canlightsource.ca/public\\_tours.php](http://canlightsource.ca/public_tours.php).

## Disney Live! Mickey's Music Festival

Monday, 4 p.m. and 7 p.m. at SaskTel Centre, 333 18th Street. Disney's most rock the world with the stars from The Little Mermaid, Aladdin, Mulan and Disney Pixar's Toy Story. Disney songs are treated to the sounds of today, featuring hip hop, swing, reggae, rock, and country. Tickets \$25-\$65. [tinyurl.com/qzq6000](http://tinyurl.com/qzq6000), [disneylive.ca](http://disneylive.ca), [tiketmaster.ca](http://tiketmaster.ca)

## Prestigious Yoga

Mondays, 6:30 a.m.-7 a.m., at Pregnancy and Preventing Health Centre, 248 Third Ave. S. Taught by a licensed and certified yoga teacher. Information and fees available online at [tinyurl.com/pj213nq](http://tinyurl.com/pj213nq) or [tinyurl.com/qzq6000](http://tinyurl.com/qzq6000). No class on stat holidays.

# EVENTS

## Movies for Mononotes

Thursday, 7 p.m., at Twin Cities Cinemas, 910 a.m. to 11 p.m.

An infant-friendly environment includes quiet sound, change tables, bottle warming and stroller parking.

## Playgroup

Tuesdays, 9:30 a.m. to 11:30 a.m., at Grace-Westminster United Church. Hosted by the church's early learning ministry, a group of families inspired by Waldorf philosophies. Programming is aimed at children ages two to five, but all ages are welcome.

## Preschool Story Time

Tuesdays, 10:30 a.m. to 11 a.m., at Merton's Books, 3305 Eighth St. It's for children ages three to five in the Circle of Trees. Call 306-955-1477.

## My Smart Hands Studio: Baby and Toddler Sign Language Class

Saturday, Jan. 18, Baby sign language provides the skills to communicate with your pre-toddler baby; accelerates verbal development and strengthens cognitive skills. Registration is now open. For more information, call MySmartHands.ca, 306-658-5449. Certified Baby Sign Instructor: Jennifer Thompson - MySmartHands.com

## EDMONTON 4-H FESTIVAL

Regular after-school programs, craft fairs, contests and events for youth of all ages at various locations in Saskatoon. An atmosphere for students to lead unique creations, play games, and have fun using LEGO bricks. Visit [edmonton4-h.org](http://edmonton4-h.org) or call 306-979-2748.

## Saskatoon Public Library Programs

Ongoing daily programs for children and families. Find the calendar at [saskpubliclibrary.ca/calendar](http://saskpubliclibrary.ca/calendar).

## # SPECIAL EVENTS

**Saskatoons on Film!** Market Day: year round. Wednesday and Sunday, 10 a.m. to 3 p.m., and Saturday 8

a.m. to 2 p.m., Farmers are in attendance. Tuesday to Friday, 10 a.m. to 5 p.m., and Saturday and Sunday during market days. Local food, wine and specialty shops are open. Information at [saskateuonmarket.com](http://saskateuonmarket.com). Contact 306-384-6263, al@skfm.ca or [saskatmk.com](http://saskatmk.com).

## St. George's Senior Citizens Christmas Concert

Wednesday, Dec. 10, 8 p.m., at St. George's United Church.

Seniors and experienced players are welcome. Information at 306-624-2101.

## Manitoba Carpet Bowling

Wednesday, 7:30 p.m., at Mayfair United Church.

Seniors and experienced players are welcome. Information at 306-624-2101.

## An Intimate Evening with Frank Miller

Dec. 3, 7:30 p.m., at UVA Place.

The planted shelves make, music, and some humour from over 40 years at the arena and on stages around the world. Tickets at [tinyurl.com/qzv7cet](http://tinyurl.com/qzv7cet).

## NDP Legislative Pre-Party Fundraiser

Dec. 3, 7 p.m., at the new Legacies Centre in Wanigan.

A family-friendly hockey game.

For ticket info go to [tinyurl.com/qzv7cet](http://tinyurl.com/qzv7cet).

Dec. 3, 7 p.m., at Emerson

Memorial Centred Library.

An evening of film with Andrey Tarkovsky, co-hosted by the Yorkton Film Festival. Discussion and coffee.

## Chamber Music Concert

Dec. 5, 7:30 p.m., at Lutheran Theological Seminary Choral Hall, 44 Seminary Cres., at the U of S. Works by Wm. Byrd, Mihail Glinka, Schubert, and Holst. Admission is by donation.

## West Coast Swing Dancing

Every second Wednesday, 7:30 to 10 p.m. at the Jazz Pub, 90 Campus Dr. Learn to swing dance. With Rachel Frazer. Information at [tinyurl.com/qzv7cet](http://tinyurl.com/qzv7cet).



The 10th Annual EuroChurch Christmas Concert runs Dec. 5-6 at Elm Tabernacle. SUBMITTED PHOTO

## Fest Noel-Hiver Concerts

Dec. 4, 8:30 and 10:30 a.m., at third Avenue United church.

Coffee and tea are provided. Donations are welcome. Dec. 4, 6 p.m. Verhaegen string quartet. Donations are appreciated. Information at 306-652-6812.

## Evening Market

Dec. 4, 4-30 p.m. to 5 p.m., at the Saskatoon Farmers' Market.

## 3PC Banquet

Thursday, 7 a.m., in room 13 at Allentown Community Centre, 601 Clarence Ave.

Seakoko international food will be served. Guests from many countries around the world. First night is Nov. Visit [tinyurl.com/qzv7cet](http://tinyurl.com/qzv7cet).

## Silver Snowflakes

Dec. 4, 7:30 p.m., at Broadview Theatre. Saskatoon Express' 20th anniversary Christmas show.

## La Chouette des Pâches

Wednesday, 7:30 p.m., at Clubhouse, 1400 Albert Ave. Sing and speak in French. Witch choir director Michael Hurni and accompaniment by Rachel Frazer. Information at [tinyurl.com/qzv7cet](http://tinyurl.com/qzv7cet).

## Free Noon-Hiver Concerts

Dec. 5, 8:30 to 10 a.m., Dec.

6, 10 a.m. to 10 p.m., and Dec. 7, 8:30 to 9 p.m., at St. Joseph's Parish Hall, 324 Eighth St. Presented by Frank and Gether Craft. Collective. Admission is free. Information at [frankandgather.blogspot.com](http://frankandgather.blogspot.com).

## Winter Wonders Handmade Market

Dec. 5, 4 p.m. to 9:30 p.m., and Dec. 6, 10 a.m. to 5 p.m., at St. Joseph's Parish Hall, 324 Eighth St. Presented by Frank and Gether Craft. Collective. Admission is free. Information at [frankandgather.blogspot.com](http://frankandgather.blogspot.com).

## 10th Annual Elm Church Christmas Concert

Dec. 5-6 at Elm Tabernacle (801

A Street) of traditional and contemporary Christmas music. Performed by the Elm Church Choir, featuring professional 16-piece orchestra. Featuring soloists Leah Leontiadi and soprano Chelsea Methen. Tickets at 306-374-1700, [elmchristmasconcerts.com](http://elmchristmasconcerts.com).

## Trifles and Teaspoons-Merriekwes

Dec. 5, 9 a.m. to 3 p.m., at

Congressional Senior Citizens' Centre, 811 11th St. N.W. For all your Christmas needs. Food, home decor, pastries, refreshments, spending good health and long life. With raffle prizes. Admission is free. Funds raised support the Saskatoon Food Bank and Laundry Centre.



## FRIDAY DECEMBER 5

## SATURDAY DECEMBER 6

## SUNDAY DECEMBER 7

## SaskTel Centre (formerly Credit Union Centre)

\$8 per Adult

\$12 for Two-Day Pass

FREE

(when accompanied by an adult)

[www.sasktelcentre.ca/tickets](http://www.sasktelcentre.ca/tickets)

# EVENTS

## Holiday Market

Dec. 6 at the Saskatoon Farmers' Market. Santa will be there from 11 a.m. to 1 p.m.

## Kidspace Workshop, Performances and Fiesta

Dec. 6, Workshop 10 a.m.-1 p.m. at Okotoks High School, 119 Broadway Ave.; performances and Fiesta, 8:30 p.m. at Spektralex's, 903 Clarendon Ave. Tickets at [okotoks.com](http://okotoks.com), 306-975-0291.

## Borders/Pearlman's Market Christmas Sale

Dec. 6, 10 a.m.-4 p.m. at Borders Community Centre. Free admission. For information call 306-999-3235.

## Heritage Christmas Decorations

Dec. 6, 1 p.m. at the 100th Annual Moose Jaw Valley Centre, 400 Third Ave. S. Create an old-fashioned Christmas craft to use in your Christmas decorating. Refreshments free to all.

## Annual Street Car Rides Make Stop

Dec. 6, 9 a.m.-10:30 p.m., start to 5 p.m. at Lawson Heights Mall. Hosted by STAY Street Car Rescue. All buildings items are donated by supporters and can be dropped off at that meeting.

## Mazat and Street with Artist Adrian Godwin

Dec. 6, 1 p.m. at Well Point Petting, 2000 Kelton St. Meet the new artist instructor. He will teach clay art classes for children and adults. All ages welcome.

## Christmas Tea & Bake Sale

Dec. 6, 10 a.m.-1 p.m. at St. Martin's United Church, 2677 Clarence Ave. \$5. Home-made refreshments, tea for sale. Admission by free-will offering.

## Symphony Holiday Spectacular: A Victorian Christmas

Dec. 6, 7:30 p.m. at St. Martin's United Church. This is a continuation of discussions on the history of the church and its organ. The organ will be played along with refreshments will be served during a madrigal offering by free-will offering. Funds support the Saskatchewan Foundation and the Saskatchewan Hospital Foundation.

## Grimm-ing Circle

First Sunday of each month, 1 p.m., at the Unitarian Centre, 203 Second St. E. Big hearts are welcome.

**Kids of Note and the Recitals**

Dec. 7, 2 p.m. at Grosvenor Park United Church, 4207 Cariboufield Ave. Their 10th annual concert. Featuring Joy of Voice. Guest musicians include Debra Gilmer on bass, Lukas Peterson on percussion and Michaela Koenig on piano. With a surprise performance by the ensemble. Tickets at McNally Robinson. [kidoz.ca](http://kidoz.ca) or at the door followed by a public reception.

## A Holly, Jolly Christmas

Dec. 7, 3 p.m. at Zion Lutheran Church, 3203 Fourth Ave. S. The Canadian Singing Home concert. Includes a variety of traditional holiday music with a cappella, solo and older music. With a silent auction. Tickets at McNally Robinson. [hollyjolly.ca](http://hollyjolly.ca) or at the door.

## Annual Barn Dance on the Lawn

Dec. 6, 6:30 p.m. at Third Avenue United Church. Live animals, crafts, rides, hot chocolate and cookies. Everyone is welcome.

## Tent City's Peppermint

Dec. 6, 7:30 p.m. at The Woods alla House, 140 Second Ave. N. Community Stage featuring Sabrina Benito.

## Winter Melodies

Dec. 7, 7:30 p.m. at Grace-Westminster United Church, 3003 10th St. E. Saskatoon Auxiliary Band performs a variety of music, from Beethoven to tunes from the Christmas season. Tickets at McNally Robinson, from members or at the door.

## Grinch Glitter

Dec. 8, 7 p.m. at Crosspointe Citizen's Centre, 614 18th St. E. Sacred, secular and Christmas music with sing-alongs. Refreshments will follow the concert. Admission by free-will offering. Funds support the Salvation Army Christmas Campaign.

## Interfaith Conversation on Global Climate Change

Dec. 8, 7 p.m. at Albert Community Centre, 510 Clarence Ave. S. Speakers include Paul Hanning and Jim Jeffreys. This forum is a continuation of discussions on the history of the church and its organ. The organ will be played along with refreshments will be served during a madrigal offering by free-will offering. Tickets at 306-564-3331.

## Knights of Columbus-Carol Festival!

Dec. 8-9, 7:30 p.m. at STCU Place. Tickets at 306-575-7799. boutickets.ca.

## Off-Broadway Farmers' Market, Internal Organ Boner, and Reindeer

Dec. 8-10, 11 a.m.-4 p.m. in the basement of Grace-Westminster United Church, 3003 10th St. E. Offering a variety of locally produced food, clothing and accessories from indie, green artists, behind-the-scenes artists. All proceeds will go to the Knights of Columbus. Call 306-664-2640 or email [kofc@shout.net](mailto:kofc@shout.net).

## Cast of Times Dancing

Dec. 8 and fourth Tuesday of the month, through April 7, 8 p.m. at 9:30 p.m. at the University Auditorium at U of S, 2001 10th St. West. Herkyville Saskatoon Pantomime Dance Club. Easter dances for the first hour. Call 306-374-9363 or 306-362-5100.

## Concord Night

Dec. 9, 9 p.m. at Piggy's Pub and Grill, 1423 10th St. N. or D. of Dead.

## Unperformed Home Concerts

Dec. 13 at the Saskatoon Farmers' Market. Judging at 12 p.m. Auction proceeds will be donated to Adopt-a-Family.

## Angie's Barbers

Jan. 6-Dec. 18 on Broadway Ave. Entry to win \$100 to \$500 in Angie's Bucks over six months. Angie's Bucks can then be spent at Angie's Barbers.

## RHF Edition Enhanced/Piano Hell-Duo

Dec. 13, 7:30 p.m. at 10th and 9th, at the Saskatoon Artillery Band Hall. 200 Light Walk Jon. T. 5:30 p.m. to 9 p.m. The drive-through Christmas display celebrates its 10th anniversary. Tickets and passes at Safeway, Shoppers Drug Mart, Walmart, Bass Pro or at the gate. Funds raised support the Saskatoon Zoo Foundation and the Saskatoon Hospital Foundation.

## AT THEATRE

### Any Child That Loves It

Dec. 8-9, 6 p.m. dinner, 7:30 p.m. at Mephisto United Church, 903 33rd St. W. When her autistic daughter disappears, a single mom must turn to the police. Tax and cookie will be served during a madrigal offering by free-will offering. Tickets at 306-362-6446.



Mike Gugino, left, and David Lupton in a scene from *Perspective*. Photo credit: Michael Gugino

## The Christmas Express

Dec. 8-11, 7:30 p.m. at the Saskatchewan Playhouse, 10th and 11th Avenues. The magical things begin to happen when live shriners arrive at the train station in the small town of Midway on Dec. 26, 1950. Tickets at 306-339-4600.

## Charles Dickens' A Christmas Carol

Dec. 8-11, 7:30 p.m. at the Mairi Research Theatre, 10th and 11th Avenues presented by the Jenny Linders. Experience a Victorian-era Christmas in a Victorian home. Featuring seasonal music, coffee, cider and Christmas delights. Tickets at 306-362-1200.

## The Best Christmas Pageant Ever

Dec. 8-11 at Bishop Strachan Secondary. Presented by Bishop Strachan students. Another struggling to put on a church Christmas pageant is faced with casting the Hinckley kids — probably the most awful kids in history. Tickets at the door.

## The Haunted Man

Dec. 8-11 at Dafoe Playhouse in Meadview. Charles Dickens' other Christmas story — the true-greatest story. Tickets at 306-275-6446. Information at [dafoeplayhouse.com](http://dafoeplayhouse.com).

## The Who's Who Improv Comedy

Dec. 8-9, 8:30 p.m. at La Relâche, 103-306 Fourth Ave. N. The Improv comedy troupe performs at Admissions at this door.

## Where the Wild Things Are

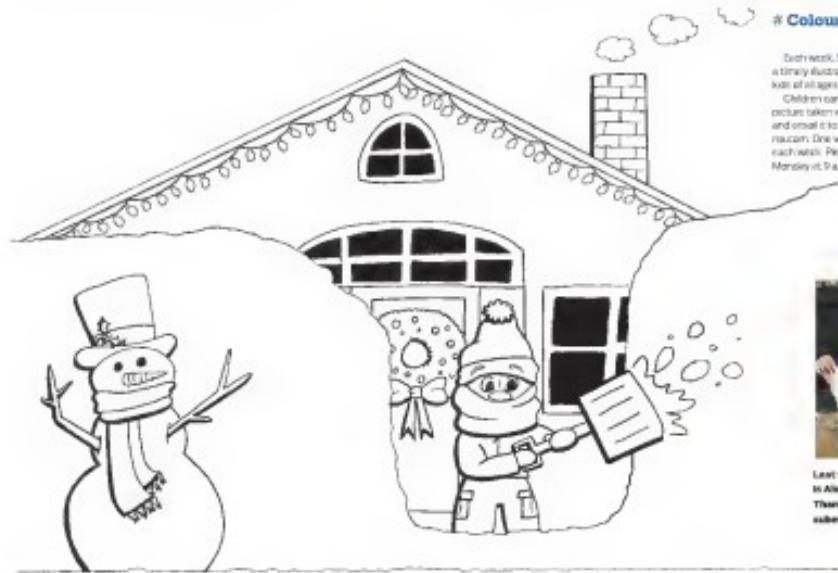
Dec. 8-11 at The Refinery Written by Maurice Sendak. A Presentation by The Refinery. The according to Max, sent to bed without his supper, embarks on a mysterious voyage to a land of wild animals and extraordinary adventures, where he ultimately crowned ruler. Tickets at 306-354-7727, [paragontheatre.org](http://paragontheatre.org).

## It's a Wonderful Life

Dec. 8-11 at Perspektive Theatre. Based on the Frank Capra film and the original play by Philip Van Doren Stern. George Bailey is facing financial adversity and in his moment of greatest despair, is saved by a guardian angel named Clarence Oddbody. Tickets at 306-354-7727, [perspektivetheatre.org](http://perspektivetheatre.org).

Event listings are a free community service offered by the Star. Listings will be printed if received no later than 10 a.m. the Friday before publication. To have an event listed contact [events@starPhoenix.com](mailto:events@starPhoenix.com).

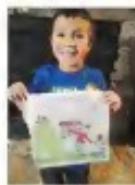
# OUTSIDE THE LINES



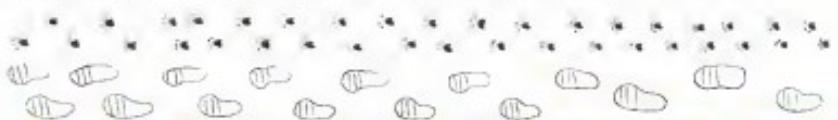
## # Colouring contest

Each week, Stephene McKay creates a timely illustration meant to please lots of ages.

Children can colour the page, have it picture taken with the finished product, and email it to [fireists@thestarsho-mac.com](mailto:fireists@thestarsho-mac.com). One winner will be chosen each week. Please send entries by Monday at 9 a.m.



Last week's contest winner is Alexander Gauthier. Thanks to everyone who submitted entries!



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# FASHION YXE

## # ALTERNATIVE FASHION

### Upcycling creates eco-friendly streetwear

By Jenn Sharp

**Life can be a wild ride and no one knows that better than Saskatoon designer Steve Cowrie.**

Last year, Cowrie was enrolled in the prestigious Banff Mountain Centre in Kananaskis but dropped out of the fashion school after the first semester. He attributes it to being "a bit lost" and struggling with some of the classes.

He came home to Saskatoon, knowing he wasn't cut out for fashion academia. Instead he wanted to pursue what a career seemed years in the making (he began designing clothing in high school in 2010). With help by Steve Cowrie is a bit jumpy with a heavy dose of punk and a dash of glamour.

For the people that wear Cowrie's clothing, many from around their peers that have the same interests and are seeking something that's not quite what's trending. It's all about individuality. These pieces are not a style for the herd of hoards — or for those over-certain ones. Cowrie likes to take formerly ugly or classless pieces and make them look like a million bucks. Cowrie has had plenty of setbacks but says his design inspiration now comes from God.

I know it's a bit like a pendulum — that's what my work is. From the dark side and from the light side, it's a yin and yang because I think we should all embrace the good and the bad. Both have the potential to change us in different ways and can make us better if we want it to."

Now winter was a traumatic month for the 20-year-old. He recently came out to a family member who wears a family suspender. Cowrie and his boyfriend broke up soon after.

Sometimes you latch on to people and they latch on to you and you have a very good connection and people tell you many things. You have to go with what you know and what you can control and what everyone else in the outside sees [about the two of you]."

He's moving along the themes through end



Steve Cowrie creates new designs using recycled fabrics. He sources in local stores and does fusions. **BRIDGES**  
Photo by Michelle Herle

through Christmas this week.

"War Paint has saved my life. Without War Paint I wouldn't be nowhere. It's all art. So wear your shirts and be proud of what you are."

Pieces of Cowrie's and models Brooke Cross and Courtney Lawrence donned their favorite pieces inspiring their own clothing for a show-stopping look. The question remains: Is Saskatoon ready?

[jennsharpstar.com](http://jennsharpstar.com)

What do you wear to stay warm?  
Send a photo to [bridges@thestarphoenix.com](mailto:bridges@thestarphoenix.com)

### Courtney Lawrence

**HAT:** Upcycled. "That's a big thing in Saskatchewan. I know there's a bunch of people doing it," explains Cowrie of his favorite environmentally conscious way to re-work clothing.

**BLAZER:** Vintage hand-crocheted blazer. "It's a more subtle black on black look and stays forever."

**TANK:** Garage

**PANTS:** Nine West

**SHIRT:** The Rock Shop in Vancouver

**SHORTS:** A now-closed store in Saskatoon.

### Brooke Cross

**HAT:** Stars in Midtown (Plus)

**VISIT:** "I was at a dog show in May and saw a denim jacket. I saw it and thought 'that's disgusting. I'm going to make it beautiful,'" says Cowrie.

To beautify it, Cowrie cut off the sleeves, crocheted the bottom off added fringe and a crown brooch.

**SHIRT:** Garage

**LEGGINGS:** Ardene's

**SHOES:** Dutch Growers.

**SKULLIE/HAT:** From estate on Robson Street in Vancouver





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